



Doctors' Support Network

DSN's key messages:

- Since 1996, the Doctors' Support Network has independently championed positive mental health within our profession.
- We are a confidential peer support network for doctors and medical students with concerns about their mental health.
- As a registered charity, we aim to raise awareness, reduce stigma and influence the agenda regarding physician health.

Chair Report 2018-19 AGM 8th June 2019

Dear DSN member,

DSN has now been in existence for over twenty years and still seems to be very much needed by the profession.

The committee is looking forwards to DSN's biggest ever AGM and conference in Bristol. The climate is currently changing in physician health (not just in the UK) and DSN has an important role to play. We hope that the publication of the role descriptions as described on our blog [here](#) will encourage more members to come forwards and get involved.

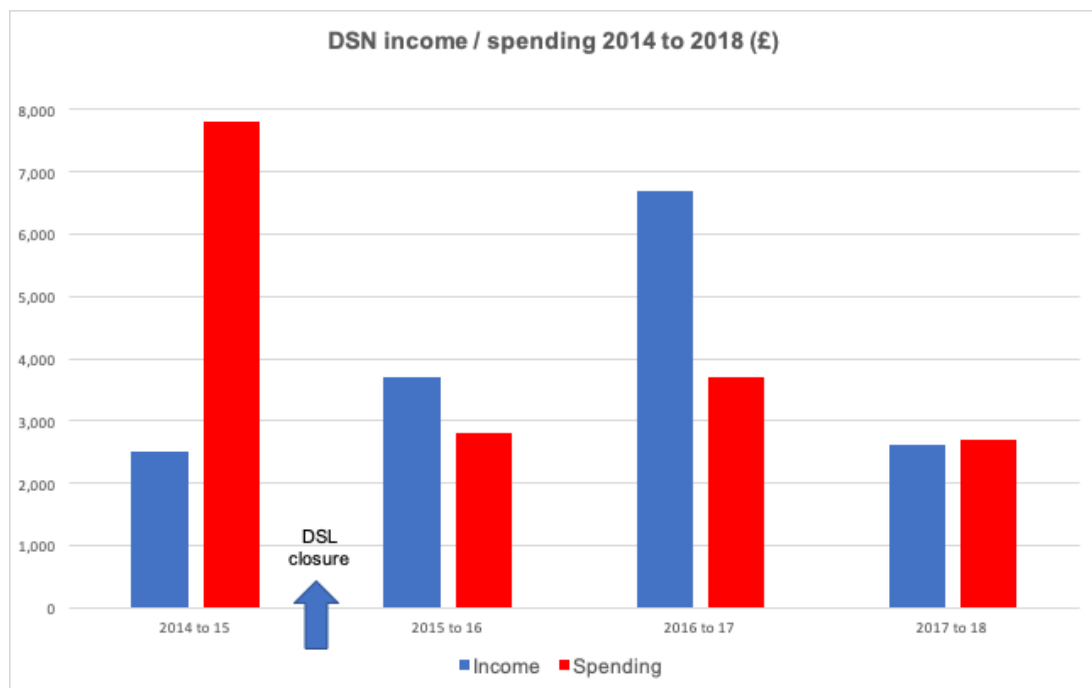
One of the most important aspects of DSN is that we are stronger together – we can give confidence to each other simply by supporting DSN and gradually changing attitudes to physician health in the UK by projects such as our [AndMe](#) campaign. This work is interesting, empowering and doable! We need more people enabled to represent DSN at national and local meetings about physician health and succession planning is always good...

N.B. Please be assured that DSN members (including the committee) are **not** expected to disclose their mental ill health. DSN's recent engagement with national media has been very carefully considered and there is no expectation that any individual DSN member or committee member will do likewise.

Summary

Financial

The chart below shows how closing the Doctors' Support Line in 2015 has subsequently allowed DSN to achieve a healthy and sustainable financial position. DSN has no regular income apart from members' donations although we have recently been grateful for one off fundraising and donations as detailed in the section below. See our treasurer's report [here](#).



Fundraising

DSN was recently honoured to receive a substantial donation from the family and friends of GP Dr. John Ronald Crook West.



Dr. Jenny Holmes has raised over £1500 by running the **2019 Virgin Money London Marathon** in aid of DSN. Jenny's fundraising page is [here](#)



DSN member Dr. Caroline Walker, with her brothers Tom and Brad, raised over £400 by taking part in the Brighton Santa Dash!

DSN is very grateful to the British Medical Association, Chase de Vere Medical and the Medical Defence Union for their generous sponsorship of our conference this afternoon.

&me Anti Stigma Campaign:



AndMe stories from [Dr. Becky Hirst](#) and vet nurse [Meghan Conroy](#) have recently been published to excellent response.

DSN and Mind Matters are extremely grateful to all of our senior volunteers for their support.

Support Forum:

DSN full and student members are encouraged to join our online anonymous, confidential forum. There are now over seventy people on the newly located forum. A prompt about the support forum is included in every newsletter for full and student members.

Policies:

The DSN committee has agreed the following guidelines and role descriptions (all available on the [About DSN](#) page of the website):

[Trustee guidelines](#)

[Chair](#)

[Treasurer](#)

[Membership secretary](#)

[Secretary](#)

[AGM/ conference organiser](#)

[External conference organiser](#)

[Webmaster](#)

Consultations / working groups

[NHS GP Health](#) - Expert Advisory Group and Volunteer Network Meetings - DSN continues to participate in six-monthly meetings re. both of the above.

DSN contributes to the BMA working group on well-being support for doctors and medical students.

DSN recently met with the leads of the GMC review of medics' wellbeing.

Conferences and events - highlights

EAPH conference Oslo, May 2019

DSN co-chairs, Dr. Angelika Luehrs and Dr. Louise Freeman, presented 'In our Own Words: UK doctors talking about our own mental health' at the European Association of Physician Health conference in Oslo. Read our blog article (including our presentation) [here](#).

BBC Radio 5 Live April 2019

DSN committee members. Dr. Rebecca Lawrence and Dr. Louise Freeman contributed to a discussion on BBC Radio 5 live about the new text based crisis service from the NHS Practitioner Health Programme and the BMA surveys on physician health. Read more about this [here](#) on our blog.



General Medical Council conference

London, April 2019

Dr. Caroline Ritchie and Dr. Louise Freeman looked after the DSN stand at the recent GMC 'Together' conference.



DSN conference

Edinburgh, November 2018

Read our [blog](#) for a summary of a fantastic day in Edinburgh at the end of last year!

Forthcoming events:

[BMJ Live](#) - DSN will have a stand at this event.
London 4-5th October 2019

Membership 2018-19


In 2019 so far (4 months), DSN has welcomed 30 new members and 40 more people have asked to join our mailing list. We do not share our contacts with third parties and keep our mailing lists securely within an online marketing platform. Link to our [privacy policy](#).

Regular communication with our members and the mailing list is via our [newsletter](#). Members are encouraged to follow our social media pages in between newsletters in order to keep up with DSN's activities.

Publicity

[Website](#) is currently receiving nearly 4000 user visits per month (compared to 1300 visits per month in November 2018). Most visits are to the 'Home' and 'Support for doctors' pages.

 page- 391 'likes' and reached over 1600 people in the last month.

 – 1820 followers and reached >100,000 people in the last month. Top 2019 tweet (so far) on Caroline Elton's recent BMJ essay was seen by >45,000 people.

 - 35 followers so far.

Please 'like' and 'follow' the DSN social media pages!

Future plans

We hope to arrange a stand and, if possible, present at the 2020 International Conference on Physician Health (London) conference as well as undertaking our usual commitments.

Louise Freeman and Angelika Luehrs
Co-chairs Doctors' Support Network
8th June 2019